

ASTHMA-FRIENDLY CLEANING METHODS THAT WORK FOR COVID-19!

Remember: Any disinfectant can trigger an asthma attack.

Here are a few key tips from CDC to reduce your chance of an asthma attack while disinfecting to prevent COVID-19.

If you have asthma:

- Ask an adult without asthma to clean and disinfect surfaces and objects for you.
- Stay in another room when cleaners or disinfectants are being used and right after their use.
- Use only cleaning products you must use. Some surfaces and objects that are seldom touched may need to be cleaned only with soap and water.
- If you have an asthma attack, move away from the trigger such as the disinfectant or the area that was disinfected. Follow your [Asthma Action Plan](#). Call 911 for medical emergencies.



The person cleaning and disinfecting should:

- Follow [recommendations](#) for cleaning and disinfecting to prevent COVID-19.
- Choose disinfectants that are less likely to cause an asthma attack, using [EPA's list of approved products](#) such as:
 - products with hydrogen peroxide (no stronger than 3%) or ethanol (ethyl alcohol)
 - products that do **NOT** contain peroxyacetic acid or peracetic acid.
- Limit use of chemicals that can trigger asthma attacks, such as bleach (sodium hypochlorite) or quaternary ammonium compounds (e.g. benzalkonium chloride), and do not use them in enclosed spaces.
- Make sure there is enough air flow (ventilation).
- Use and store products safely and correctly. More information available from: <https://www.epa.gov/sites/production/files/2020-04/documents/disinfectants-onepager.pdf>



You can access all of this information (and more!) from:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/asthma.html>